

# KENTUCKY WIC RESOURCE GUIDE FOR FORMULA AND WIC NUTRITIONALS December 2017

*Breast Milk is the Best Source of Nutrition for Infants.*



Division of Maternal and Child Health  
Nutrition Services Branch  
WIC Program

**This institution is an equal opportunity provider.**



Kentucky WIC Formula and WIC Nutritional Resource Guide  
Infant Formula Section

December 2017

## NOTE TO THE READER:

The Nutrition Services Branch has prepared this reference to assist staff with the provision of infant formula and WIC Nutritionals to WIC families. This reference includes information on:

- Infant formulas (contract and noncontract).
- Exempt Infant Formulas and WIC Nutritionals (Medical Foods)

**Milk based infant formulas** are provided for normal infants with no feeding problems.

**Soy based infant formulas** are considered to be nutritionally equivalent to milk based formulas and are used for milk protein allergy, galactosemia, lactose intolerance or when vegetarian is preferred.

**Note: Due to increased incidence of osteopenia (bone volume reduction), soy formulas should not be used for preterm infants.**

Issuance of **Contract** brand formula in concentrate or powder **does not** require a diagnosis, physician order or prior approval before issuance.

**Issuance of all other types of formula requires a physician's order.**

Formula should be issued in powder or concentrate unless Ready-To-Feed is requested for one of the following reasons.

1. Restricted or unsanitary water supply;
2. No refrigeration;
3. Caretaker is unable to properly prepare formula; or
4. Only form the product is available.

The reason for issuing Ready-To-Feed formula **must** be documented in the medical record.

It is necessary to call the state staff in the following situations.

- If Ready-To-Feed is requested for reasons not listed above.
- If the formula requested is not listed in this document.
- When state approval is required.

The staff members listed below can assist you with formula issues.

- Cindy Sullivan, M.S., R.D., L.D. 502-564-3827 ext. 4219
- Brittan Bibb MS, RD, LD, CLC 502-564-3827 ext. 4345
- Connie Howell, M.Ed., R.D., L.D. 859-750-7195
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# Infant Formulas

## Infant Formulas

The requirements for standard infant formulas are established by the American Academy of Pediatrics (AAP) Committee on Nutrition. These requirements are monitored by the Food and Drug Administration (FDA) as part of the Infant Formula Act of 1980, amended in 1986. Through this Act, the minimum level for 29 nutrients and the maximum level for 9 nutrients are established. The label must provide a declaration of the quantitative information for each nutrient. Each manufacturer must also assure by analysis that the declared level of each essential nutrient is in each batch of formula. “In general, the concentrations of nutrients in formulas are higher than those in human milk to compensate for the possible lower bioavailability.”<sup>1</sup>

The minimum levels are defined for the following nutrients:

- Fat
- Protein
- Vitamins
  - A, C, B12, Pantothenic Acid, D, B1 (thiamine), Niacin, Choline, E, B2 (riboflavin), Folic Acid, Inositol, K, B6 (pyridoxine) and Biotin
- Minerals
  - Calcium, Iron, Copper, Potassium, Phosphorus, Iodine, Manganese, Chloride, Magnesium, Zinc, Sodium, Selenium

The maximum levels are defined for the following nutrients:

- Fat
- Protein
- Vitamins
  - A, D
- Minerals
  - Iron, Potassium, Iodine, Chloride, Sodium

<sup>1</sup>Pediatric Nutrition Handbook, 6<sup>th</sup> Edition, American Academy of Pediatrics.

### WIC Infant Food Package Guidelines

- A. **Requirements for issuing each infant formula (milk, soy, milk-based lactose reduced, milk-based lactose free) must be followed. All participants receiving formula must receive contract brand (infant formula) unless contraindicated or a comparable product is not available.**
- B. **The WIC infant formula rebate contract is with Gerber. Noncontract rates for an agency should be 5% (five percent) or less.**
- C. Whole, low fat, fat free/skim or goat's milk cannot be issued to infants.
- D. Infant Cereal will be issued to an infant at six (6) months of age. The computer will then automatically add three (3) – 8 ounce boxes of cereal to the package.
- E. Infant fruits and vegetables will be provided at six (6) months of age. The amount varies based upon the category/status of the infant.

### Issuance of Contract Brand Standard Formula and Challenge Protocol

- A. All infants who are not medically fragile must be provided **Gerber Good Start Gentle Stage 1**. This is the contract brand primary milk based standard formula and must be the first formula tried.
- B. The contract brand standard formulas that are appropriate to provide to infants during the first year of life are:
  - a. Gerber Good Start Gentle Stage 1 (primary formula) (orange can)
  - b. Gerber Good Start Soothe Stage 1 (purple can)
  - c. Gerber Good Start Soy Stage 1 (blue can)
- C. Infants who come to clinic on one of the contract brand formulas (Gerber Good Start Soy Stage 1, Gerber Good Start Soothe Stage 1) and are not medically fragile, must have tried and encountered problems with Gerber Good Start Gentle Stage 1 unless contraindicated. (See First Trial.) The patient then may try any one of the remaining contract brand products. (See Second Trial.)
  - a. **First Trial:** Good Start Gentle Stage 1 (orange can)
  - b. **Second Trial:** Any one of the remaining contract brand products:
    - 1. Gerber Good Start Soothe Stage 1 (purple can)
    - 2. Gerber Good Start Soy Stage 1 (blue can)
- D. If parent/caretaker expresses concern regarding infant's ability to tolerate a formula, recommend the parent/caretaker redeem benefits for only one or two cans, to determine if the formula product is well tolerated.

E. Infants who come to clinic on noncontract formula and **are not medically fragile** must be provided a Gerber Good Start Stage 1 or product using the following challenge guidelines:

- a. If requesting noncontract brand milk based formula (Similac Advance Stage 1, Enfamil Infant, etc.), the patient must have tried the contract brand iron-fortified formulas below, unless contraindicated and encountered problems:
  - i. **First Trial:** Gerber Good Start Gentle Stage 1 (orange can)
  - ii. **Second Trial:** Gerber Good Start Soothe Stage 1 (purple can)
- b. If requesting noncontract soy based formula (Enfamil ProSobee or Similac Soy Isomil, etc.), the patient must have tried the contract brand soy based formulas below, unless contraindicated, and encountered problems:
  - i. **First Trial:** Gerber Good Start Soy Stage 1 (purple can)
  - ii. **Second Trial:** Gerber Good Start Soothe Stage 1 (purple can) (if no milk allergies exist)
- c. If requesting milk based lactose free or lactose reduced formula (Enfamil Gentlease, Similac Sensitive for fussiness & gas, etc.), the patient must have tried the contract brand formulas below, unless contraindicated, and encountered problems:
  - i. **First Trial:** Gerber Good Start Soothe Stage 1 (purple can)
  - ii. **Second Trial:** Gerber Good Start Soy Stage 1 (blue can)

**Note:** Similac Sensitive for Fussiness and Gas and Similac Total Comforts is 19 Kcal/ounce and is not authorized for WIC issuance.

- d. If requesting a formula for management of reflux or gastroesophageal reflux (GER) or gastrophageal reflux disease (GERD), no contract formulas are comparable and the WIC approved noncontract product (Enfamil AR) may be provided with a valid WIC – 200 from a prescribing authority.

**Note:** Similac for Spit Up is 19 Kcal/ounce and is not authorized for WIC issuance.

- e. If requesting noncontract milk based products for 9 to 12 months of age, (Similac Go and Grow- Milk Based, Enfagrow Toddler Transitions) the patient must have tried the contract brand formulas below, unless contraindicated, and encountered problems:
  - i. **First Trial:** Gerber Good Start Gentle Stage 1 (orange can)
  - ii. **Second Trial:** Gerber Soy Stage 1 (blue can) **or** Gerber Good Start Soothe Stage 1 (purple can) (if no milk allergies exist)

**Note:** Similac Go and Grow -Milk Based is 19 Kcal/ounce and is **not** authorized for WIC issuance, Enfamil Next Steps Toddler is **not** authorized (toddler milk drink). Enfamil Enfagrow has been D/C and is no longer available.

- g. If requesting noncontract soy based products for 9-12 months of age (Enfagrow Toddler Soy Transitions), the patient must have tried the contract brand formulas below, unless contraindicated, and encountered problems:
  - i. **First Trial:** Good Start Soy Stage 1 (blue can)
  - ii. **Second Trial:** Good Start Soothe Stage 1 (purple can) or Good Start Gentle Stage 1 (orange can) (if no milk allergies exist)
- h. If requesting noncontract milk based, hydrolyzed protein with probiotics formula (Enfamil Reguline), the participant must try the contract formulas below, unless contraindicated, and encountered problems:
  - i. **First Trial:** Good Start Soothe Stage 1 (purple can)
  - ii. **Second Trial:** Good Start Gentle Stage 1 (orange can) or Good Start Soy Stage 1 (blue can)

**Note:** Enfamil Reguline is not authorized for WIC issuance.
- i. If requesting Kosher or Halal formula due to religious beliefs, the patient must have tried the contract brand formula below, unless contraindicated, and encountered problems:
  - i. **First Trial:** Gerber Good Start Soy Stage 1

**Note:** Gerber Good Start Soy Stage 1 Powder is designated Kosher Pareve and Halal.

### **Transition Guidelines**

- A. All caregivers must be counseled to try each formula for 72 hours exclusively.
- B. Counseling must also include information about changing the infant from the current formula to the contract brand formula.
- C. The counseling guidelines for formula transition are as follows:
  - a. Advise to follow the below transition Guidelines:
    - First Day:** Offer infant  $\frac{3}{4}$  of current formula mixed with  $\frac{1}{4}$  of the challenge (new) formula (ie. 3 ounces current formula plus one ounce of challenge formula).
    - Second Day:** Offer infant  $\frac{1}{2}$  current formula and  $\frac{1}{2}$  challenge formula.
    - Third Day:** Offer infant  $\frac{1}{4}$  current formula and  $\frac{3}{4}$  challenge formula.
    - Fourth Day:** Offer infant challenge formula exclusively.
  - b. Use “What do I do if My Baby’s Formula is Changed” handout available from Pamphlet Library and on the website under Nutrition Education Materials to assist in providing counseling on the transition guidelines.
- D. Challenge formula must be tried for 72 hours or 3 days exclusively following the transition phase.
  - a. Exceptions include severe reactions such as rash, projectile vomiting, a medically fragile infant or professional judgment.
- E. Problems encountered with formula must be documented, before issuing a noncontract brand formula.

# **Contract Brand Infant Formulas**



**Gerber® Good Start Gentle Stage 1 (Nestle) Contract Formula**

Milk-based infant formula with DHA, ARA, Probiotic *B. lactis* and prebiotic galacto-oligosaccharides (GOS).

**Nutrient Density:** 20 cal./fl. oz.

**Packaging:**

**Powder:** 12.7 oz. cans

**Concentrate:** 12.1 fl. oz, tetra brick 12 cans/case;

**Ready-To-Feed:** 4 – 8.45 fl oz pack tetra brick 4 cans cartons/case;

**Composition:** **CHO:** lactose, corn maltodextrin, galacto-oligosaccharides (GOS)

**PRO:** enzymatically hydrolyzed whey (cow's milk), **FAT:** palm olein, soy, coconut and high oleic safflower oils, C. Cohnii oil, M. Alpina oil.

**Gerber® Good Start Soothe Stage 1 (Nestle) Contract Formula**

Milk Based Product that is lactose reduced (by 30%) with Lactobacillus reuteri (L. reuteri) a probiotic. Designed to promote easy digestion and reduce gassiness and fussiness.

**Nutrient Density:** 20 cal./fl. oz.

**Packaging :**

**Powder:** 23.2 oz. can; 4 cans/ case and 12.4 oz. can; 6 cans/case

**Composition:** **CHO:** Corn Maltodextrin **PRO:** enzymatically hydrolyzed whey (cow's milk),

**FAT:** palm olein, soy, coconut, and high oleic safflower oils, C. Cohnii oil, M. Alpina oil.  
L. Reuteri Cultures.

**Gerber® Good Start Soy Stage 1 (Nestle) Contract Formula**

Soy-Based infant formula with DHA & ARA. For milk protein allergy, lactose intolerance, galactosemia, gluten sensitivity or for vegetarian families. **Kosher and Halal**

**Nutrient Density:** 20 cal./fl. oz.

**Packaging:**

**Powder:** 12.9 oz. cans, 6 cans/case

**Concentrate:** 12.1 fl. oz tetra brick 12/case

**Ready-To-Feed:** 32 fl. oz. cans, 6 cans/case (32 oz not on website) and 4 - 8.45 fl oz – pack tetra brick

**Composition:** **CHO:** corn maltodextrin, sucrose, **PRO:** soy protein isolate, **FAT:** palm olein, soy, coconut and high oleic safflower oils, C. Cohnii oil, M. Alpina oil.

# **Noncontract Brand Infant Formulas**

**Enfamil AR® (Mead Johnson) Noncontract**

Milk-based, pre-thickened with added rice starch with DHA and ARA. For infants with frequent spit up. Not intended to be used past 6 months of age. **Gluten Free.**

**Note:** *Not recommended for preterm infants or patients with galactosemia.*

**Nutrient Density: 20 cal. /fl. oz.**

**Packaging:**

**Powder:** 12.9 oz. Cans -6 cans/case

**Ready-To-Feed:** 6/8 oz. bottles-4 packs/case and 2 oz. RTF bottles (6 bottles per pack) with 48 bottles per case.

**Composition: CHO:** rice starch, lactose, maltodextrin, carrageenan, **PRO:** nonfat milk

**FAT:** palm olein, soy, coconut and high oleic sunflower, C. Cohnii oil, M. Alpina oil.

**Enfamil Gentlease® (Mead Johnson) Noncontract**

Lactose reduced milk-based with DHA & ARA. Gluten Free.

**Note:** *Not recommended for patients with galactosemia.*

**Nutrient Density: 20 cal. /fl. oz.**

**Packaging:**

**Powder:** 12.4 oz. can- 6 cans/case

**Ready-To-Feed:** 8 fl. oz., 24 bottles/case

**Composition: CHO:** corn syrup solids, **PRO:** partially hydrolyzed nonfat milk and whey protein concentrate solids, 60% Whey, (soy), **FAT:** palm olein, soy, coconut, high oleic sunflower oils, M. Alpina oil.

**Enfamil Infant® (Mead Johnson) Noncontract**

Milk based infant formula with DHA/ARA & Choline, nucleotides & prebiotics.

**Gluten Free.**

**Nutrient Density: 20 cal. /fl. oz.**

**Packaging:**

**Powder:** 12.5 oz. cans, 6 cans/cas

**Concentrate:** 13 fl. oz. cans, 12 cans/case

**Ready-To-Feed:** 32 fl. oz. / 1 qt., 6 cans/case

**Composition: CHO:** lactose, carrageenan, Galacto-Oligosaccharides (GOS), polydextrose **PRO:** intact milk protein (60:40 whey-to-casein ratio) **FAT:** palm olein, soy, coconut, high oleic sunflower oils, C. Cohnii oil, M. Alpina oil.

**Enfamil Prosobee® (Mead Johnson) Noncontract**

Soy-based formula with DHA & ARA. For infants intolerant to milk protein, lactose or sucrose, galactosemia, gluten sensitivity. **Lactose Free, Galactose Free, Sucrose Free, Gluten Free, & Milk Free.**

**Nutrient Density: 20 cal. /fl. oz.**

**Packaging:**

**Powder:** 12.9 oz. cans, 6 cans/case

**Concentrate:** 13 fl. oz. cans, 12 cans/case

**Ready-To-Feed:** 6/8 oz. bottles, 4 packs/case; 2 fl. oz. bottles, 48 bottles/case

**Composition:** **CHO:** corn syrup solids, carrageenan, **PRO:** soy protein isolate, **FAT:** palm olein, soy, coconut, and high oleic sunflower oils, C. Cohnii oil, M. Alpina oil. sunflower oils, C. Cohnii oil, M. Alpina oil.

**Similac® Advance® 20 Stage 1 (Abbott) Noncontract,**

A Milk-based infant formula with DHA & ARA, prebiotics, nucleotides and antioxidants. This product contains milk and soy ingredients **Kosher& Halal, Gluten Free**

**Nutrient Density: 20 cal. /fl. oz.**

**Packaging:**

**Powder:** 12.4 oz. cans, 6 cans/case

**Concentrate:** 13 oz. bottles, 12 cans/case

**Ready-To-Feed:** 1 qt. /32 fl. oz. bottles, 6 bottles/case

**Composition:** **CHO:** lactose, galacto-oligosaccharides (GOS), carrageenan **PRO:** nonfat milk, whey protein concentrate, **FAT:** high-oleic safflower, soy, coconut, C. Cohnii oil and M. Alpina oil.

**Similac® Soy Isomil® 20 Stage 1 (Abbott) Noncontract**

Soy-based infant formula with DHA & ARA, prebiotics, nucleotides and antioxidants. For infants intolerant to milk protein or lactose; galactosemia. **Kosher, Halal,**

**Gluten Free**

**Nutrient Density: 20 cal. /fl. oz.**

**Packaging:**

**Powder:** 12.4 oz. cans, 6 cans/case

**Concentrate:** 13 oz. cans, 12 cans/case

**Ready-To-Feed:** 32 fl. oz. /1 qt. cans, 6 cans/case

**Composition:** **CHO:** 39% corn syrup solids, sucrose, Fructo oligosaccharides (FOS) **PRO:** soy isolate, **FAT:** high oleic safflower, soy, coconut, C. Cohnii oil and M. Alpina oil.